



Grant County Health Department
111 South Jefferson Street Floor 2
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(608) 723-6416

Volume X Issue I

COMMUNITY EDITION

January 2009

MAKE A RESOLUTION FOR 2009: DON'T DRINK & DRIVE

Every day 36 people in the United States die, and around 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. Learn what you and your community can do to make injuries and deaths from impaired driving less of a threat.

Protect Yourself, Your Family & Your Friends

Take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol.

Following these tips from the National Highway Traffic Safety Administration can help you stay safe:

1. **Plan Ahead.** Always designate a non-drinking driver before any party or celebration begins.
2. **Take the Keys.** Do not let friends drive if they are impaired.
3. **Be a Helpful Host.** If you're hosting a party, remind your guest to plan ahead and designate their sober driver. Always offer alcohol-free beverages, and make sure that all of your guests leave with a sober driver.



How Big is the Problem?

- In 2006, 13,470 people died in alcohol-impaired driving crashes, accounting for nearly one third (32%) of all traffic-related deaths in the United States.
- In 2007, over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. Drugs other than alcohol (marijuana and cocaine) are involved in about 18% of motor vehicle driver deaths. These other drugs are generally used in combination with alcohol.
- Half of the 306 child passengers ages 14 and younger who died in alcohol-related crashes in 2006 were riding with drivers who had a Blood Alcohol Content level of .08 or higher.
- In 2006, 45 children age 14 years and younger were killed as pedestrians or bicyclists were hit by alcohol-impaired drivers.

Keep Your New Year's Resolution to Lose Weight

With the sumptuous food and treats available during the holiday season, it's easy for us to overdo it – even while we are adopting a New Year's resolution to lose weight and be active. Making a resolution to lose weight today is an important first step to a long & healthy life. You can get a strong start by knowing where you are at today; then set realistic goals to eat healthy & include physical activity into your life.

Being overweight or obese increases the risk of many diseases and health conditions, including Type II diabetes, hypertension, heart disease, sleep apnea, some cancers, & joint problems. In Wisconsin, 2 of 3 adults are either overweight or obese. Most people know their overall health depends on being physically active & maintaining a healthy weight. The problem is that most good intentions often get derailed even before they can be put into practice. Suggestions to get started include:

- Writing down what you eat and drink for a few days, including the time and how much you are eating
- Tracking your activity level for a week
- Knowing your numbers -- specifically your body mass index (BMI)

Whether your goal is to achieve & maintain a healthy weight, be physically active on a regular basis, or make healthy food choices, you should recognize that taking small steps can have a lasting impact. Small changes made over time will be more likely to become part of your daily routine.



*The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.*

Save Money on Cleaning Supplies

You can make inexpensive, less toxic cleaning products by using simple items. LABEL containers after you mix the ingredients.

WINDOWS: Put 3 Tablespoons vinegar per quart of water in a spray bottle. Use newspaper to wipe them!

BATHROOM: For tub and tile cleaner, mix 1 2/3 cups baking soda, 1/2 cup liquid soap, and 1/2 cup water. Then, add 2 tablespoons vinegar. If you add the vinegar too early, it will react with baking soda.

TOILET BOWL: Pour 1 cup bleach into toilet bowl and let set for 10 minutes. Simply scrub and flush.

LAUNDRY BRIGHTENER: Add 1/2 cup lemon juice during rinse cycle.

WOOD FLOORS: Add 1 cup vinegar to one pail of water.



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NEVER mix bleach and ammonia together as this can cause serious injury or death.

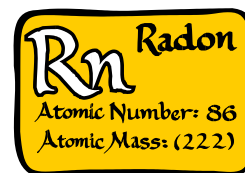
For more information on stretching your food budget, contact UW-Extension's Nutrition Education Program at (608)723-2125.

January is Radon Awareness Month: Free Radon Test Kits Available



Americans spend about 90% of their time indoors, but indoor air is not always as safe as it may seem. One of the most serious health hazards found in indoor air is completely invisible. It is an odorless, colorless gas called radon. This gas is the second leading cause of lung cancer and is responsible for up to 30,000 lung cancers deaths each year.

Radon occurs naturally in the soil and accumulates in homes especially during the winter months. High radon levels have been found in every state and in every type of house. In Southwest Wisconsin, past testing has shown that in some areas 30% of homes have elevated radon levels. Making repairs to eliminate radon gas can be simple and affordable. A typical radon problem can be solved for less than \$1,000.



Testing is the only way to know what the radon level is in your home. Test kits are available **Free of Charge** at the Grant County Health Department, 111 South Jefferson Street, Lancaster Wisconsin. For more information, please contact the Grant County Health Department at (608)723-6416.

CHOOSE PREVENTION OVER PROCRASTINATION

Wisconsin
Well Woman
Program



JANUARY—CERVICAL CANCER AWARENESS MONTH: WISCONSIN WELL WOMEN PROGRAM

Cervical Cancer occurs when abnormal cells on the cervix grow out of control. The cervix is the lower part of the uterus that opens into the vagina. Cervical cancer can often be cured when it's found early. It is usually found at a very early stage through a Pap test. Abnormal cervical cell changes rarely cause symptoms. Symptoms of cervical cancer may include bleeding from the vagina that is not normal, or a change in your menstrual cycle that you can't explain. As part of your regular pelvic exam, you should have a Pap test. During a Pap test, the doctor scrapes a small sample of cells from the surface of the cervix to look for cell changes. Cervical cancer that is caught early can usually be cured. Grant County Health Department offers a vaccine that has been shown to reduce the risk of cervical cancer. (See Gardasil® article on back page.)

The Wisconsin Well Woman Program helps women from age 35-64 that do not have insurance to cover Pap tests receive this life saving screening for FREE. Women must fall under certain income guidelines (see chart below). Women aged 45-64 may also receive a free mammogram and other breast screenings. To enroll, or for more information, please call the Grant County Health Department at (608)723-6416 and ask for Julie or Sharon.

Wisconsin Well Woman Program Income Eligibility Guidelines

250% of Federal Poverty Level
Effective 04/01/2008 – 03/31/2009

Size of Family	WWWP Annual Gross* Income Guidelines
1	\$26,000
2	\$35,000
3	\$44,000
4	\$53,000
5	\$62,000
6	\$71,000
7	\$80,000
8	\$89,000

For each additional family member add: \$9,000

GRANT COUNTY HEALTH DEPARTMENT**(608) 723-6416**

January to June 2009

IMMUNIZATION ONLY CLINICS**February**

9-Platteville
10-Muscoda
10-Fennimore
11-Hazel Green
11-Cuba City
11-Dickeyville

April

13-Platteville
14-Muscoda
14-Fennimore
15-Hazel Green
15-Cuba City
15-Dickeyville

June

8-Platteville
9-Muscoda
9-Fennimore
10 -Hazel Green
10-Cuba City
10-Dickeyville

Locations

Cuba City	City Hall	108 North Main St	5:00 pm – 5:30 pm
Dickeyville	New Fire Station	100 Short St	6:00 pm – 6:30 pm
Fennimore	St. Peters Lutheran Church	1075 Adams St	5:00 pm – 5:30 pm
Hazel Green	Methodist Devotional Center	1920 Percival St	4:00 pm – 4:30 pm
Muscoda	Kratochwill Building	206 N Wisconsin Ave	4:00 pm – 4:30 pm
Platteville	United Methodist Church	1065 Lancaster Rd	5:00 pm – 6:00 pm

2009**2009****WIC AND HEALTHCHECK SCHEDULE**

(Immunizations are available at all WIC and Health Check Clinics.)

(Health Checks are not available at Fennimore, Boscobel & Bloomington Clinics.)

January

7 – Platteville
8 – Platteville
13 – Boscobel
14 – Fennimore
20 – Cuba City
21 – Late Boscobel
27 – Lancaster
28 – Bloomington

February

3 – Potosi
5 – Late Platteville
10 – Boscobel
11 – Fennimore
12 – Platteville
17 – Cuba City
19 – Muscoda
24 – Lancaster

March

5 – Platteville
10 – Boscobel
11 – Fennimore
12 – Platteville
17 – Cuba City
24 - Lancaster
25 – Late Lancaster

April

2 – Platteville
8 – Fennimore
9 – Platteville
14 – Boscobel
15 – Late Boscobel
21 – Cuba City
22 – Bloomington
28 – Lancaster

May

5 – Potosi
7 – Late Platteville
12 – Boscobel
13 – Fennimore
14 – Platteville
19 – Cuba City
21 – Muscoda
26 - Lancaster

June

4 – Platteville
9 – Boscobel
10 – Fennimore
11 – Platteville
16 – Cuba City
23 - Lancaster
24 – Late Lancaster

Locations

Late Boscobel	Tuffley Center	104 East Oak St	3:00 pm – 7:00 pm
Boscobel	St. John's Lutheran Church	208 Mary St	9:00 am – 3:30 pm
Late Lancaster	Youth & Ag Building	916 East Elm St	3:00 pm – 7:00 pm
Lancaster	Youth & Ag Building	916 East Elm S	9:00 am – 3:30 pm
Late Platteville	Peace Lutheran Church	1345 N. Water St	1:00 pm – 7:00 pm
Platteville	Peace Lutheran Church	1345 N. Water St	9:00 am – 3:30 pm
Fennimore	United Methodist Church	1540 2 nd St	9:00 am – 3:30 pm
Muscoda	Kratochwill Building	206 N. Wisconsin Ave	9:30 am – 3:30 pm
Potosi	New Fire Station	210 North Main St	9:00 am – 12:30 pm
Cuba City	St. Rose Catholic Church	519 W. Roosevelt St	9:30 am – 3:30 pm
Bloomington	Rescue Squad Building	136 Mill St	9:00 am – 3:30 pm

Location Changes

February 19 Muscoda

Presbyterian Church

402 North 2nd Street

GARDASIL®: A VACCINE TO PREVENT CERVICAL CANCER

WHAT IS HPV? HPV (Human Papillomavirus) is a virus that is spread through sexual contact. It is the most common cause of cervical cancer in women.

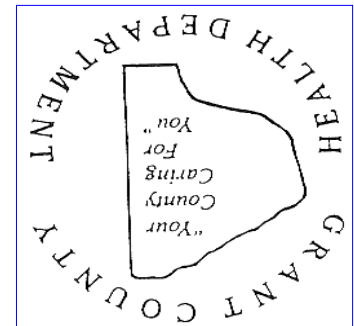
AT WHAT AGE SHOULD GIRLS RECEIVE GARDASIL? Gardasil should be given to girls when they are 11-12 years old. Gardasil is a 3 shot series that can be given to girls ages 9-26 years of age. The vaccine should be started before onset of sexual activity (before women are exposed to the viruses), but females who are sexually active should still be vaccinated.

IS IT SAFE: Gardasil has been tested in thousands of women around the world and has been found to be safe and effective. The vaccine is effective against HPV types 16 and 18, which cause approximately 70% of cervical cancers and against HPV types 6 and 11, which cause approximately 90% of genital warts. There is no thimerosal or mercury contained in the vaccine.

SIDE EFFECTS: The most common side effect is soreness in the arm (where the shot is given). There have been some reports of fainting in teens after they receive the vaccine.

WHAT VACCINATED GIRLS/WOMEN NEED TO KNOW: Women will still need regular cervical cancer screening (Pap tests) because the vaccine will NOT protect against all types of HPV that causes cervical cancer. Also, women who receive the vaccine after becoming sexually active may not get the full benefit of the vaccine if they have already acquired HPV.

Many insurances now cover Gardasil. The Grant County Health Department also offers the vaccine free of charge for girls between the ages of 6-18. For more information, please call the Grant County Health Department at (608)723-6416.



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